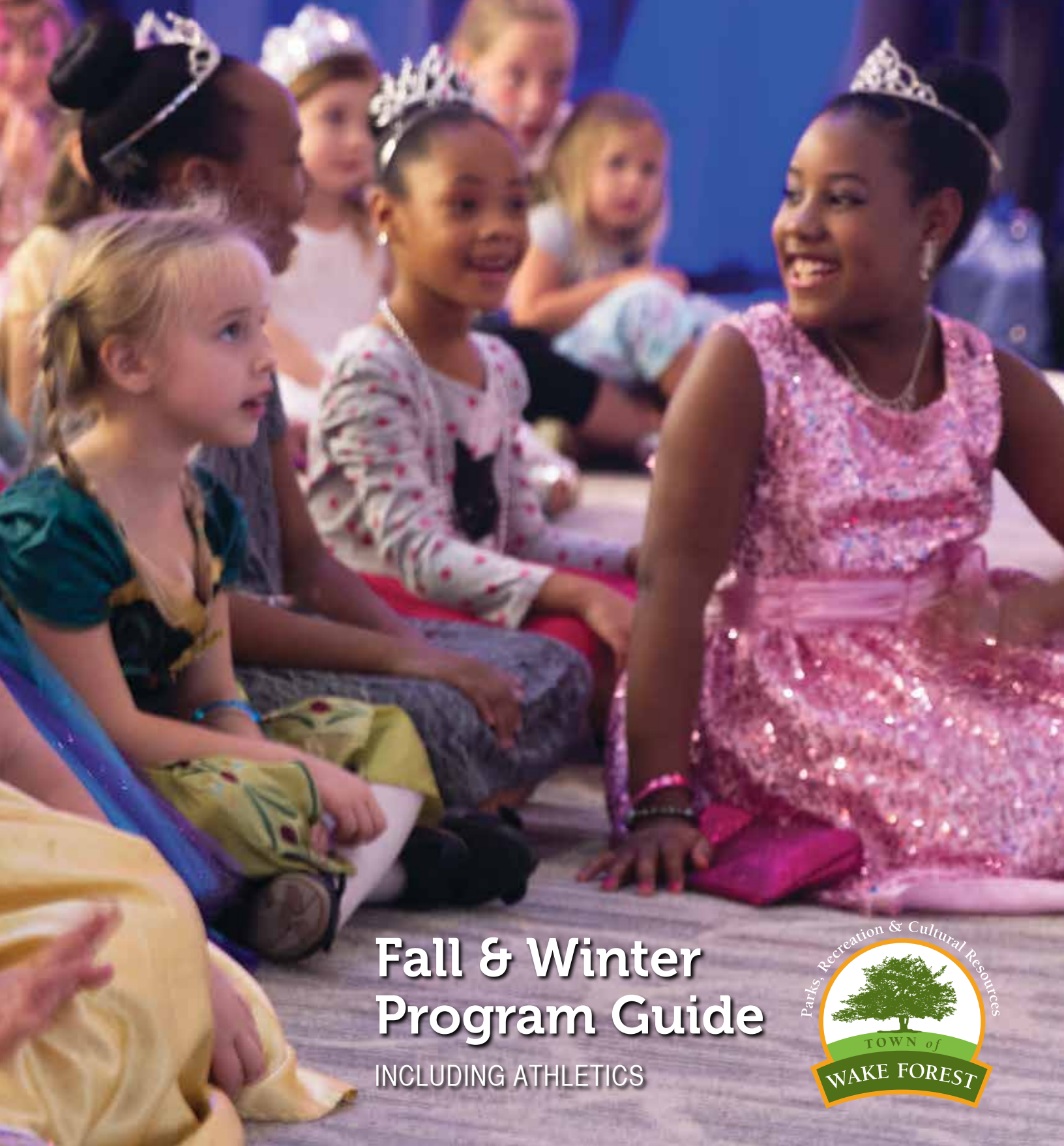


RecConnect

WAKE FOREST PARKS, RECREATION & CULTURAL RESOURCES

SEPT 2015-FEB 2016



Fall & Winter Program Guide

INCLUDING ATHLETICS



WELCOME

Meet the town's Recreation Specialist



Meghan Hawkins began her career with the Wake Forest Parks, Recreation & Cultural Resources Department in January 2014. Her primary responsibility is to administer all adult athletic programs and the youth basketball program.

Prior to coming to Wake Forest, Hawkins served as program coordinator for Nash County Parks & Recreation where she managed special events and a variety of camps and clinics along with the youth soccer and basketball programs. Prior to her experience with Nash County, Hawkins worked in the Teens Programs Division with the City of Raleigh. Hawkins holds a bachelors degree in Recreation Management from Appalachian State University where she was a member of the varsity women's soccer team.

In response to the growing demand for adult recreational opportunities, Hawkins has added several new programs in adult athletics—pickleball, kickball, flag football and fall co-rec softball leagues. Updates to the team sponsorship program for youth baseball/softball leagues were among her immediate contributions to the department. She looks forward to helping the PRCR department expand its offerings to meet the programming expectations of the community.



Program registration begins Aug. 1

Register for programs at any staffed site or online at wakeforestnc.recdesk.com.

STAFFED REGISTRATION SITES:

Wake Forest Town Hall, 301 S. Brooks St., Mon-Fri 8 am-5 pm
Flaherty Park Community Center, 1226 N. White St.,
Mon-Fri 10 am-10 pm, Sat 8 am-4 pm, Sun 1 pm-5 pm
Alston-Massenburg Center, 416 N. Taylor St.,
Mon-Fri 2 pm-8 pm,

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September 2015-February 2016

Wake Forest Parks, Recreation & Cultural Resources Department
301 S. Brooks St.
Wake Forest, NC 27587
919-435-9560
fax 919-435-9499
wakeforestnc.gov/parksrecreation.aspx

Weather Line
919-435-9569

Office Hours
Monday-Friday, 8 am-5 pm

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919-435-9561
rwall@wakeforestnc.gov

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eaustin@wakeforestnc.gov

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Rosemary Pimentel
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Wake Forest Renaissance Centre for the Arts
919-435-9458

Centre Specialist
Cathy Gouge
919-435-9567
cgouge@wakeforestnc.gov

Flaherty Park Community Center
1226 N. White St.
919-554-6726

Alston-Massenburg Center
416 N. Taylor St.
919-554-6189

The Wake Forest Parks, Recreation & Cultural Resources Department seeks to enhance the lives of the citizens of Wake Forest by offering a comprehensive system of parks, greenways, facilities, and open spaces, coupled with cultural and athletic programs, that promote education, health, and wellness.



EVENTS

AND COMMUNITY ACTIVITIES



There's always something to do in Wake Forest.
Save the dates for these fun community events.

Concert in the Park

Enjoy two free outdoor concerts of traditional folk music at E. Carroll Joyner Park. Steph Stewart & the Boyfriends will perform on Aug. 2 followed by Lakota John & Kin on Sept. 6. **PRESENTED BY:** Wake Forest Parks, Recreation & Cultural Resources Department; Wake Forest ARTS and PineCone.

Joyner Pk*	Su	5:00 pm-7:00 pm	Aug 2	free	all ages
Joyner Pk*	Su	5:00 pm-7:00 pm	Sep 6	free	all ages

**In case of inclement weather, the concert may be moved to the Renaissance Centre, 405 S. Brooks St. Any change in location will be announced by 3 pm on concert day. For updated information, call the Weather Line at 919-435-9569.*

Wake Forest Unplugged

Disconnect from your electronic devices and join other Wake Foresters for an afternoon of free games and activities. Make it a day and stay for Concert in the Park beginning at 5 pm. **PRESENTED BY:** WF Recreation Advisory Board.

Joyner Pk	Su	4:00 pm-6:00 pm	Sep 6	free	all ages
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Joyner Park After Dark «NEW!»

Come explore Joyner Park After Dark with a unique camping experience. Campers will participate in a night-time nature walk, learn about nocturnal animals, study the constellations, enjoy campfire stories and songs, and many other activities. For residents who do not own camping equipment, loaner equipment can be provided on a first come, first served basis. **LED BY:** Jennifer Rall, Urban Forestry Coordinator

Joyner Pk	Sa-Su	4:00 pm-9:00 am	Oct 3-4	\$15 / campsite	all ages
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**Please contact Jennifer Rall at jrall@wakeforestnc.gov if you need camping equipment*

Spooktacular

Howl about coming out and goblin up a ghoulish good time this Halloween? A variety of ghostly games and activities will be offered. This year's festivities will include a costume contest, face painting, a haunted maze and cupcake walk, along with a variety of other ghostly games and activities. Free pumpkins will be given away while supplies last. Costumes are optional, but best costumes will be featured on the town's website. **PRESENTED BY:** Wake Forest Parks, Recreation & Cultural Resources Department

Flah Pk	Th	4:30 pm-8:30 pm	Oct. 22	free	all ages
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Fall Foliage Tour

Area residents are invited to enjoy the vibrant reds, oranges and yellows of autumn while also learning about native trees during two foliage tours. Each will last approximately one hour and involve walking along approximately one mile of paved greenways. Parents and children of all ages are welcome. Anyone interested in participating is encouraged to meet at the information kiosk located next to the Joyner Park parking lot. No registration is required. **TOUR GUIDE:** Jennifer Rall, Urban Forestry Coordinator



Joyner Pk	W	10:00 am	Oct 28	free	all ages
Joyner Pk	W	2:00 pm	Oct 28	free	all ages

Calls From Santa

Children can receive a personal phone call from Santa this Christmas! Registration forms will be available on the town's website beginning Dec. 1. All forms must be returned no later than 5 p.m., Dec. 10. **PRESENTED BY:** Wake Forest Parks, Recreation & Cultural Resources Department

Th	6:00 pm-8:00 pm	Dec 10	free	ages 3-9
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PARKS & GREENWAYS

PLACES TO PLAY

From the flagship park to the smaller neighborhood parks, Wake Forest offers a wide range of places to explore and enjoy the great outdoors.

E. Carroll Joyner Park

701 Harris Rd.
919-435-9560
HOURS: dawn to dusk

E. Carroll Joyner Park is one of the community's most treasured resources. With 117 acres of sweeping lawns and restored farm buildings, the park is a beautiful setting for public and private events. A magnificent pecan grove offers shade underneath its canopy for picnics and relaxation. The 1000-seat amphitheater provides the perfect setting for large performances including the "Six Sundays in Spring" concert series. A smaller performance garden offers an intimate venue for weddings, storytelling and music workshops. Amidst the beautiful scenery loop three miles of paved trails for walking bicycling and in-line skating. Leashed dogs are also welcome to enjoy the trails.

RENT THIS SITE	Deposit	Rates	Availability
Amphitheater	\$100	\$150 Half Day, Mon-Fri \$200 Half Day, Sat-Sun/holiday \$250 Full Day, Mon-Fri \$400 Full Day, Sat-Sun/holiday	Daily 8:00 am-2:00 pm; 3:00 pm-dusk dawn to dusk
Performance Garden	\$100	\$75 Half Day, Mon-Fri \$100 Half Day, Sat-Sun/holiday \$150 Full Day, Mon-Fri \$200 Full Day, Sat-Sun/holiday	Daily 8:00 am-2:00 pm; 3:00 pm-dusk dawn to dusk
Open Space (3 sites under pecan grove)	\$100	\$15/hr 2-hr min	Daily dawn to dusk



J. B. Flaherty Park

1226 N. White St.
919-435-9560
HOURS: dawn to dusk



Flaherty Park is a 100-acre facility that includes lighted ball fields, a playground, two stocked ponds, a dog park, tennis courts and a community center (see page 9 for center information).

FLAHERTY DOG PARK Flaherty Dog Park provides a place for dog owners to let their pets run free safely and legally without a leash. The park is approximately two acres in size and is located adjacent to the Flaherty Park baseball and softball fields. The fenced park is divided into two sections: one for small dogs, one for large dogs. Water stations, picnic tables and a pet waste clean-up station are available.

RENT THIS SITE	Deposit	Rate	Availability
Open Space	\$100	\$15/hr 2-hr min	Daily dawn to dusk
Athletic Field	\$100	\$25/hr (no lights) + \$30 field prep fee Lights: \$15/hr additional	Daily

See page 9 for Flaherty Park Community Center rental information

Holding Park

133 W. Owen Ave.
919-435-9560
PARK HOURS: dawn to dusk



Holding Park is a five-acre site that features a large playground, basketball courts, picnic tables, 50-meter pool and the Wake Forest Community House.

HOLDING PARK POOL The 50-meter public pool is open from Memorial Day weekend through August.

RENT THIS SITE	Deposit	Rate	Availability
Open Space	\$100	\$15/hr 2-hr min	Daily dawn to dusk
Athletic Field	\$100	\$25/hr (no lights) + \$30 field prep fee Lights: \$15/hr additional	Daily

See page 8 for Wake Forest Community House rental information





Acres	Amphitheatre	Baseball/ Softball Field	Basketball Court	Community Center	Dog Park	Flower Garden	Greenway	Grill	Open Space	Picnic Shelter	Picnic Tables	Playground (ADA #)	Pond	Swimming Pool	Restrooms	Soccer Field	Tennis Court
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PARKS

Ailey Young Park 800 Juniper Ave.	15		•	•				•		•	•	•			•		
DuBois Park 518 N. Franklin St.	0.4			•								•					
E. Carroll Joyner Park 701 Harris Rd.	117	•				•	•	•	•	•	•		•		•		
H.L. Miller Park 401 Elm Ave.	2					•					•						
Heritage High Park* 1140 Forestville Rd.	25		•	•			•								•	•	•
Holding Park 133 W. Owen Ave.	5		•	•	•			•	•		•	•		•	•		
J.B. Flaherty Park 1226 N. White St.	100		•	•	•	•	•	•	•	•	•	•	•		•		•
Kiwanis Park 400 E. Holding Ave.	1					•				•	•	•					
Plummer Park 965 Jones Wynd	0.5									•	•	•					
Smith Creek Soccer Center 690 Heritage Lake Rd.	17						•	•		•	•	•			•	•	
Taylor Street Park 416 N. Taylor St.	1.5				•	•		•		•	•	•			•		
Tyler Run Park 830 Pineview Dr.	9		•	•			•				•	•					

*Heritage High Park is open to the public after 6 pm on weekdays and dawn to dusk on weekends.

Adopt-a-Trail Program

Would you like to play a role in the betterment of your community? Volunteers are invited to help in the beautification of our greenway trails. The Adopt-a-Trail Program is designed to promote civic responsibility and community pride.

Community organizations, individuals, families, and business are encouraged to adopt a specific length or neighborhood of trails, keeping them clear of weeds and debris for one year. Volunteers are also invited to initiate and participate in a number of enhancement projects designed to improve the aesthetics or functionality of the town's greenways.

For more information visit wakeforestnc.gov/adopt-a-trail.aspx or contact Senior Planner Candace Davis at cdavis@wakeforestnc.gov or 919-435-9513.



Download the Town of Wake Forest app

Download the free Town of Wake Forest app to access maps to the parks directly from your smartphone. Receive time-sensitive news messages, including notices about game cancellations. Enjoy instant access to popular community events. Search for "Town of Wake Forest" on iTunes, in the iPhone app store or in Google Play.



Paved (P), Soft Trail (S)	Length in Miles
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GREENWAYS

E. Carroll Joyner Park 701 Harris Rd.	P	3.0 mi.
	S	0.5 mi.
Dunn Creek Greenway 690 Heritage Lake Rd.	P	1.0 mi. 0.3 mi*
H.L. Miller Park 401 Elm Ave.	P	0.4 mi.
Heritage High School 1150 Forestville Rd.	S	0.8 mi.
J.B. Flaherty Park 1226 N. White St.	P	0.25 mi.
Kiwanis Greenway 706 S. Franklin St.	P	0.25 mi.
Richland Creek Olde Mill Stream Greenway 901 Barnford Mill Rd.	P	0.45 mi.
Sanford Creek Heritage South Greenway dead end of Marshall Farm St.	P	0.85 mi. 1.3 mi. **
Smith Creek Burlington Mills Greenway 2912 Burlington Mills Rd.	P	1.15 mi.
Smith Creek Soccer Center 690 Heritage Lake Rd.	P	0.63 mi. 1.1 mi.**
Tyler Run Park 830 Pineview Dr.	P	0.12 mi.
Wake Forest Reservoir Traditions Grande Blvd.	S	1.6 mi.

*Downtown Connector section (.3 mi.) to be completed 2015.
**Smith/Sanford Creek Greenway (2.4 mi.) to be completed 2015.

Park & Trail Rules

- Parks and greenways are open daily dawn to dusk.
- Smoking is limited to parking areas only.
- Alcoholic beverages are prohibited.
- Use of personal grills (gas or charcoal) is prohibited.
- Motorized vehicles are not permitted.
- Please lock vehicle doors and windows, and do not leave valuables visible.

Trail Safety Tips

- Remain on the right side of the trail except when passing.
- Bicyclists and skaters must always yield the right of way to pedestrians.
- Greenway patrons are encouraged to walk or jog with a friend.

Athletic Fields

Baseball/softball fields are located at Ailey Young Park, J.B. Flaherty Park, R.H. Forrest Field, Heritage High School, Tyler Run Park and Wake Forest Middle School.

Soccer fields are located at Heritage High School, Smith Creek Soccer Center and Wake Forest Middle School

See pages 5-7 for park locations and list of amenities.

FIELD INFORMATION: 919-435-9560

RENT THIS SITE	Deposit	Rates	Availability
Athletic Field	\$100	\$25/hr (no lights) + \$30 field prep fee Lights: \$15/hr additional	Daily



Wake Forest Reservoir

The Wake Forest Reservoir was created as a drinking water source for the town in the early 1960s. Shortly after the City of Raleigh utility merger, the water plant was taken off line, but limited operations are still in place at the reservoir. You can still see some of the water plant structures on site.



Today, the lake is open for paddle and electric powered boats. Hikers can explore the 1.6 mile trail which follows the west bank of the reservoir.

The driveway to the lake is located off of Traditions Grande Boulevard near Wait Avenue. There is a small concrete boat ramp adjacent to the parking area.

Wake Forest’s community centers are gathering spots

Alston-Massenburg Center

416 N. Taylor St.
919-554-6189
HOURS: Mon-Fri 2-8 pm; Sat 8 am-4 pm;
Sun 1-5 pm



The fully renovated Alston-Massenburg Center features a large meeting room, with a stage, theater curtains and kitchen. The center adjoins Taylor Street Park which has a playground and a picnic shelter.

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Large Meeting Room	\$100	\$200 Half Day	Sat & Sun only 8:00 am-3:00 pm; 5:00 pm-midnight	24 tables 125 chairs available
		\$400 Full Day	8:00 am-midnight	

Wake Forest Community House

133 W. Owen Ave.
919-435-9560
HOURS: Open for scheduled programs and private rentals



The Wake Forest Community House was built in 1942 by the Works Progress Administration. It now serves as a charming site for reunions, receptions and park programs. The Community House adjoins the Holding Park Pool and playground. To rent the Community House, call 919-435-9560 or visit town hall.

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Main Floor	\$100	\$200 Half Day	Fri, Sat & Sun 8:00 am-3:00 pm; 5:00 pm-midnight	27 tables 170 chairs available
		\$400 Full Day	8:00 am-midnight	

CENTERS

AND RENTAL FACILITIES



for fun and recreation—the perfect location for your next special event.

Flaherty Park Community Center

1226 N. White St.
919-554-6726

HOURS: Mon-Fri 10 am-10 pm;

Sat 8 am-4 pm; Sun 1-5 pm

OPEN PLAY: The gymnasium is available for open play basketball, volleyball and pickleball. Check the website for monthly open play schedules: wakeforestnc.gov/flaherty-park-community-center.aspx.



Flaherty Park Community Center is a recreational facility primarily used for Parks, Recreation & Cultural Resources programs. The center features a regulation high school gymnasium, an arts & crafts room, a game room and a meeting room with an adjoining kitchen.

RENT THIS SITE	Deposit	Rate	Availability	Furniture
Gymnasium	\$100	\$80/hr 2-hr min Additional \$15/hr supervisory fee for after hours (5 pm-midnight)	Sat & Sun only	Fits 550 chairs or 330 chairs plus tables*
Meeting Room	\$100	\$40/hr 2-hr min	Sat & Sun only	4 tables 20 chairs available
Open Space	\$100	\$15/hr 2-hr min	Daily	—

**Tables and chairs must be rented from an outside vendor and must have rubberized tips. Tables must be 6'.*

Cottage at Olde Mill Stream

901 Barnford Mill Rd.
919-435-9560

HOURS: Open for scheduled programs

The Cottage at Olde Mill Stream is a one-room building used for Parks, Recreation & Cultural Resources programs.



Wake Forest Renaissance Centre for the Arts

405 S. Brooks St.

Arts Annex: 407 S. Brooks St.

919-435-9458

Event Hotline: 919-435-9428



The Wake Forest Renaissance Centre for the Arts is a multi-purpose facility providing visual and performing arts programming for people of all ages, while also serving as a popular venue for a variety of community events. Located in the heart of Wake Forest's Renaissance District, the Renaissance Centre strives to connect and engage our community through inspiring arts experiences, and contribute to the economic growth and quality of life in our region.

RENTAL INFORMATION: The Renaissance Centre and Arts Annex are available for meetings, weddings, performances and other special events. For rental fees and further information, visit wakeforestrencen.org or call 919-435-9458.



Compare Amenities

	Classroom	Game Room	Gymnasium	Kitchen	Meeting Room	Performance Stage	Available for Rent
Alston-Massenburg Center	●			●	●	●	●
Cottage at Olde Mill Stream	●						
Flaherty Park Community Center	●	●	●	●	●		●
Wake Forest Community House				●	●		●
Wake Forest Renaissance Centre	●				●	●	●

Getting married? The Renaissance Centre offers an elegant setting for your special day.

PRESCHOOL

PROGRAMS & CLASSES

Geared for our youngest residents, these classes help preschoolers learn about the world through exploration.



Art

Toddler Art

Parents and their children will enjoy exploring the world of art through many projects and storytelling adventures. Parent participation required.
INSTRUCTOR: Maureen Seltzer

Flah Park	Th	10:00 am-10:45 am	Sep 3-24	\$48	18 mos-3 yrs
Flah Park	Th	10:00 am-10:45 am	Oct 8-29	\$48	18 mos-3 yrs
Flah Park	Th	10:00 am-10:45 am	Nov 12-Dec 3*	\$48	18 mos-3 yrs
Flah Park	Th	10:00 am-10:45 am	Jan 7-28	\$48	18 mos-3 yrs
Flah Park	Th	10:00 am-10:45 am	Feb 11-Mar 3	\$48	18 mos-3 yrs

*No class Nov 26

Preschool Art

Come meet Moo Monet and hear a story that goes along with our art project of the day. We will explore basic art techniques through many different mediums.
INSTRUCTOR: Maureen Seltzer

Flah Park	Th	11:00 am-12:30 pm	Sep 3-24	\$48	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Oct 8-29	\$48	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Nov 12-Dec 3*	\$48	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Jan 7-28	\$48	ages 3-5
Flah Park	Th	11:00 am-12:30 pm	Feb 11-Mar 3	\$48	ages 3-5

*No class Nov 26

Dance

Creative Movement

This class will guide your child in the discovery of pre-ballet, tap and jazz through exercises that build coordination, gross motor skills and bonding relationships. Students will perform a routine using the skills they have learned at the end of the session. **REQUIREMENTS:** *Girls:* leotard, tights, hair up and pink leather or canvas ballet shoes. *Boys:* flexible gym shorts or pants, T-shirt and black jazz shoes.
INSTRUCTOR: Rachel Macholl's Academy of Dance



WFCH	M	9:00 am-9:30 am	Aug 31-Oct 5*	\$38	ages 2-3
WFCH	M	9:00 am-9:30 am	Oct 2-Nov 9	\$38	ages 2-3
WFCH	M	9:00 am-9:30 am	Nov 16-Dec 14	\$38	ages 2-3
Alst Mass	M	9:00 am-9:30 am	Jan 4-Feb 8	\$38	ages 2-3
Alst Mass	M	9:00 am-9:30 am	Feb 15-Mar 14*	\$38	ages 2-3

*No class Sep 17 and Feb 18; *Some parent participation is required

Carolina Puppet Theatre

performing monthly at the Wake Forest Renaissance Centre for the Arts

NEW SHOW EVERY MONTH! Full of mayhem, these fast-paced, interactive shows are a delightful experience for young children. Geared for ages 3-7.

Tickets: \$5. (See page 28 for ticket and show information)



Tiny Ballerinas

Dancers will gain ballet technique through age-appropriate exercises at the barre, in the center of the room, and traveling across the room. They will apply these skills in a new routine that they will perform for friends and family at the end of each session. **REQUIREMENTS:** *Girls:* leotards, tights, hair up, pink leather or canvas ballet shoes. *Boys:* flexible gym shorts or pants, t-shirt and black jazz shoes. **INSTRUCTOR:** Rachel Macholl's Academy of Dance

WFCH	M	9:30 am-10:00 am	Aug 31-Oct 5*	\$38	ages 3-5
WFCH	M	9:30 am-10:00 am	Oct 2-Nov 9	\$38	ages 3-5
WFCH	M	9:30 am-10:00 am	Nov 16-Dec 14	\$38	ages 3-5
Alst Mass	M	9:30 am-10:00 am	Jan 4-Feb 8	\$38	ages 3-5
Alst Mass	M	9:30 am-10:00 am	Feb 15-Mar 14*	\$38	ages 3-5

*No class Sep 17 and Feb 18

Ballet/Tap/Jazz Combination—Preschool

Dancers will gain ballet, tap and jazz technique through age-appropriate exercises at the barre, in the center of the room, and traveling across the floor. They will apply these skills in three new routines that they will perform for friends and family at the end of each session. Students will spend 20 minutes dancing each of the three dance styles. **REQUIREMENTS:** *Girls:* leotards, tights, hair up, pink leather or canvas ballet shoes, and black or tan tap shoes. *Boys:* flexible gym shorts or pants, T-shirt, black tap shoes and black jazz shoes. **INSTRUCTOR:** Rachel Macholl's Academy of Dance

WFCH	M	10:00 am-11:00 am	Aug 31-Oct 5*	\$50	ages 3-5
WFCH	M	10:00 am-11:00 am	Oct 2-Nov 9	\$50	ages 3-5
WFCH	M	10:00 am-11:00 am	Nov 16-Dec 14	\$50	ages 3-5
Alst Mass	M	10:00 am-11:00 am	Jan 4-Feb 8	\$50	ages 3-5
Alst Mass	M	10:00 am-11:00 am	Feb 15-Mar 14*	\$50	ages 3-5

*No class Sep 17 and Feb 18

Fitness

Preschool Open Gym

Watching a rambunctious little rascal can really tire a parent out. Why not let your energetic tyke play with others while you both make some new friends? We will provide plenty of things to play with and climb in, around and over. No instruction or supervision will be provided and parents/caregivers are required to stay with their child.

Flah Park	M	11:30 am-1:30 pm	ongoing	free	18 mos-5 yrs
Flah Park	Th	10:00 am-12:00 pm	ongoing	free	18 mos-5 yrs

YogaHappy—Preschool <<NEW!>>

Songs, games, crafts, stories, imaginative play, and creative movement...this isn't your typical yoga class. YogaHappy uses these familiar activities to teach yoga in a fun and interactive way. In addition to being fun, yoga promotes confidence, healthy living, and a peaceful mind, all of which contribute to a happier you! Parent participation required. **INSTRUCTOR:** Alison Draper

Ren Ctr AA	Th	10:00 am-10:45 am	Sep 3-Oct 8	\$60	ages 2-5
Ren Ctr AA	Th	10:00 am-10:45 am	Oct 22-Dec 3	\$60	ages 2-5
Ren Ctr AA	Th	10:00 am-10:45 am	Jan 7-Feb 11	\$60	ages 2-5

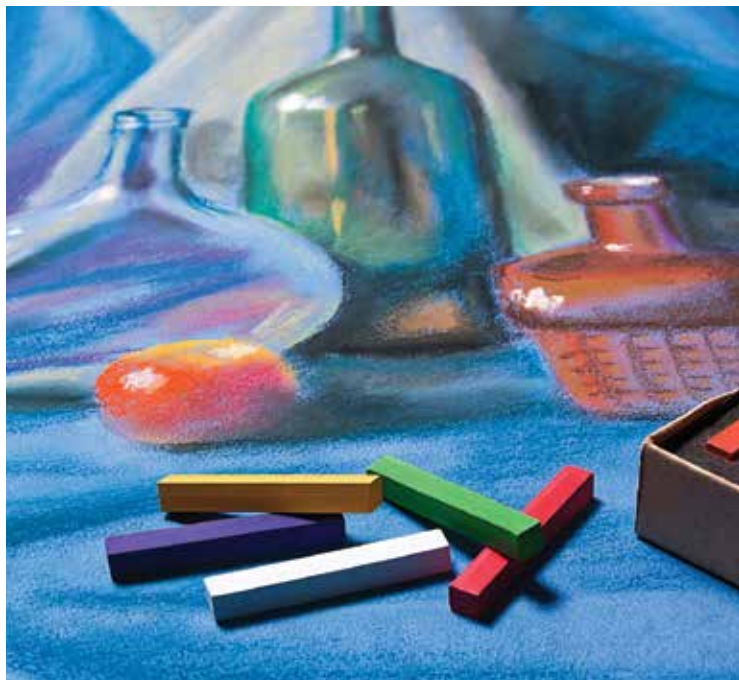
*No class Nov 26



YOUTH

PROGRAMS & CLASSES

Do you dream of being an artist? Or starring on Broadway? Start your journey here with an inspiring class.



Art

Youth Drawing & Painting

Students will learn and enjoy working with different media: pencil, ink, watercolor and soft pastel. Students will work on a variety of subject matters or the student's favorite. Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	4:30 pm-5:30 pm	Sep 22-Oct 27	\$60	ages 9-12
Flah Park	Tu	4:30 pm-5:30 pm	Nov 10-Dec 15	\$60	ages 9-12
Flah Park	Tu	4:30 pm-5:30 pm	Jan 5-Feb 9	\$60	ages 9-12
Flah Park	Tu	4:30 pm-5:30 pm	Feb 23-Mar 29	\$60	ages 9-12

Youth Drawing & Painting for Homeschoolers

Students will learn and enjoy working with different media: pencil, ink, watercolor and soft pastel. Students will work on a variety of subject matters or the student's favorite. Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	W	3:30 pm-4:30 pm	Sep 23-Oct 28	\$60	ages 9-12
Flah Park	W	3:30 pm-4:30 pm	Nov 11-Dec 16	\$60	ages 9-12
Flah Park	W	3:30 pm-4:30 pm	Jan 6-Feb 10	\$60	ages 9-12
Flah Park	W	3:30 pm-4:30 pm	Feb 24-Mar 30	\$60	ages 9-12

Art for Teens

Students will experience working with different mediums: pencil, watercolor, ink and soft pastel. Students will work on a variety of subject matters or their favorite. Join us for this fun class! Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	3:30 pm-4:30 pm	Sept 22-Oct 27	\$60	ages 13-16
Flah Park	Tu	3:30 pm-4:30 pm	Nov 10-Dec 15	\$60	ages 13-16
Flah Park	Tu	3:30 pm-4:30 pm	Jan 5-Feb 9	\$60	ages 13-16
Flah Park	Tu	3:30 pm-4:30 pm	Feb 23-Mar 29	\$60	ages 13-16

Beginning Photography

Let's learn to get that camera off "automatic" and take the photo you want instead of what the camera thinks you want. This class places emphasis on outdoor photography. We will discuss the interactions of f-stop, shutter speed, ISO. Participants will also learn about equipment, composition, varying light conditions and more. Participants must provide their own camera. **INSTRUCTOR:** Sol Levine



Flah Park	Tu	6:30 pm-9:00 pm	Sep 28-Oct 12	\$70	ages 13+
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Explore Zentangle

Come as a family or on your own to explore the new art of Zentangle! Participants will learn how to get started with Zentangle from dividing up your space to how to pick your tangles. This class includes the history and purpose of Zentangle. Participants will learn a total of eight tangles (patterns) and complete two tiles. Pens and other supplied materials will be yours to keep!

INSTRUCTOR: Cathy Dills-Boytons

Ren Ctr AA	Sa	2:00 pm-4:00 pm	Oct 17	\$65	ages 10-adult
Ren Ctr AA	Sa	2:00 pm-4:00 pm	Feb 6	\$65	ages 10-adult

Scrap Happens & Open Craft Night <<NEW!>>

Gather with other crafters at the Arts Annex to work on your own creative projects. Feel free to bring in dinner! Tables and chairs provided.

Ren Ctr AA	F	5:00 pm-11:00 pm	Sep 11, Oct 9, Nov 13, Dec 11, Jan 8, Feb 12	\$60	ages 12-adult
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Zentangle Holiday Greeting Card

Come join us for a special holiday Zentangle class! During this class, you will learn how to create some special tangles (patterns) to design your own special holiday greeting card. The possibilities are endless! No artistic ability needed.....seriously. Pens and other supplied materials will be yours to keep!

INSTRUCTOR: Cathy Dills-Boytons

Ren Ctr AA	Sa	2:00 pm-4:00 pm	Dec 12	\$65	ages 10-adult
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Nativity Story Stones <<NEW!>>

Create a set of hand-painted stones that tell the Christmas story complete with a fun little pouch for storing them. Make this interactive nativity set as a memorable gift for someone special. **INSTRUCTOR:** Beth Martin

Ren Ctr AA	Sa	10:00 am-12:00 pm	Nov 21	\$20	ages 10-adult
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Santa's Secret Workshop

Kids, here's your chance to place a handmade surprise under the tree for Mom, Dad or the loved one of your choice! Choose, create and wrap your gift with love. Shhh! We can keep a secret, can you? **INSTRUCTOR:** Beth Martin

Ren Ctr AA	Sa	1:00 pm-3:00 pm	Dec 5	\$20	ages 5-8
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Amigurumi



Glass Fusion

Glass Holiday Ornaments <<NEW!>>

This workshop combines the joy of the holidays with the pride of making your own ornament. Construction using various glass tools and incorporating stringers, frit and dots lets you be as creative as you'd like. These unique ornaments (3) will be handed down for generations. All supplies included. Finished work will be fired and available for pick up one week from the date of the class.

INSTRUCTOR: Linda Martin

Ren Ctr AA	Sa	10:00 am-1:00 pm	Nov 7	\$50	ages 10-15
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Textile Arts

Crochet Amigurumi <<NEW!>>

Learn the basics of crochet and make your own unique stuffed animal. Amigurumi is from a Japanese word meaning knitted or crocheted stuffed doll. These charming toys are a great way to experiment and be creative. This class is appropriate for anyone, no previous crochet experience required.

INSTRUCTOR: Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Sep 15-Oct 20	\$77	ages 10-adult
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Knitted Scarf & Wrist Warmers <<NEW!>>

Learn to knit cables, while making a beautiful scarf. They are not as tricky as they look. Also, learn to use double pointed needles while making matching wrist warmers. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Nov 3-Dec 8	\$70	ages 10-adult
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**Supply list provided to students*

Crocheted Filled Bag <<NEW!>>

Learn the basics of crochet while making a pair of small totes. This class is suitable for those with little or no crochet experience. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Jan 12-Feb 16	\$70	ages 10-adult
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**Supply list provided to students*

Knitted Cable Headband <<NEW!>>

Learn to knit cables while making a headband for winter. This class is suitable for those who already know the knit and purl stitches. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Oct 10	\$25	ages 10-adult
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**Supply list provided to students*

Crochet Snowflake <<NEW!>>

Learn to crochet a lace snowflake. Your snowflake can be simple or fancy, depending on your taste and experience level. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Nov 14	\$30	ages 10-adult
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Knitted Coffee Sweater <<NEW!>>

Learn to knit in the round on double pointed needles while making a "sweater" to keep your coffee warm (or a tea jumper, if you prefer). This class is suitable for those who already know the knit and purl stitches. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Jan 16	\$25	ages 10-adult
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**Supply list provided to students*

Crocheted Lace Edge Baby Blanket <<NEW!>>

Decorate a soft and cozy blanket with a lovely lace edge. This class is suitable for those with little or no crochet experience. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Feb 6	\$34	ages 10-adult
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Music

WF Community Youth Orchestra—Beginner

Creativity, fun and music-making thrive here! Students will learn to play violin, viola, and cello with proper technique, read notation and make music as a group. No previous experience is necessary! **INSTRUCTOR:** LaSaundra Booth

Flah Park	Tu	5:00 pm-5:45 pm	Sep 8-Oct 20	\$85*	ages 5-11
Flah Park	Tu	5:00 pm-5:45 pm	Oct 27-Dec 12	\$85*	ages 5-11
Flah Park	Tu	5:00 pm-5:45 pm	Feb 2-Mar 15	\$85*	ages 5-11
Flah Park	Tu	5:00 pm-5:45 pm	Apr 5-May 21	\$85*	ages 5-11

**A limited amount of instruments and financial aid are available.
Please contact LaSaundra Booth at lbooth@wfcyo.org*

WF Community Youth Orchestra—Intermediate/Advanced

This is the orchestra for you! Students will enjoy playing a mix of classical and popular music with a refined tone, correct technique and dynamics. Students must have taken private violin, viola, cello, or bass lessons or previously participated in orchestra. **INSTRUCTOR:** LaSaundra Booth

Flah Park	Tu	6:00 pm-7:00 pm	Sep 8-Oct 20	\$85*	ages 10-18
Flah Park	Tu	6:00 pm-7:00 pm	Oct 27-Dec 12	\$85*	ages 10-18
Flah Park	Tu	6:00 pm-7:00 pm	Feb 2-Mar 15	\$85*	ages 10-18
Flah Park	Tu	6:00 pm-7:00 pm	Apr 5-May 21	\$85*	ages 10-18

**A limited amount of instruments and financial aid are available.
Please contact LaSaundra Booth at lbooth@wfcyo.org*

Private Voice Lessons

Private voice lessons are a great opportunity to gain foundational knowledge and skills in a pressure-free setting. Whether you are looking to improve your technique, prepare for an audition or learn a new hobby, private lessons will give you the individual attention you need to share your voice with confidence. **INSTRUCTOR:** Heather Dahlberg

Ren Ctr AA	M	4:00 pm-4:30 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	4:30 pm-5:00 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	5:30 pm-6:00 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	6:00 pm-6:30 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	4:00 pm-4:30 pm	Jan 11-Feb 29	\$250	ages 12-adult
Ren Ctr AA	M	4:30 pm-5:00 pm	Jan 11-Feb 29	\$250	ages 12-adult
Ren Ctr AA	M	5:30 pm-6:00 pm	Jan 11-Feb 29	\$250	ages 12-adult
Ren Ctr AA	M	6:00 pm-6:30 pm	Jan 11-Feb 29	\$250	ages 12-adult





Beginner Guitar Lessons

Students will experience the joy of learning basic techniques, chords, and finger exercise. Please bring an acoustic guitar and a pick. **INSTRUCTOR:** Krista Pimentel

Flah Park	Tu	7:00 pm-8:00 pm	Sep 1-22	\$55	ages 6-8
Flah Park	Sa	10:30 am-11:30 am	Nov 7-28	\$55	ages 6-8
Flah Park	Tu	7:00 pm-8:00 pm	Dec 8-29	\$55	ages 9-12
Flah Park	Sa	10:30 am-11:30 am	Jan 9-30	\$55	ages 6-8
Flah Park	Sa	11:30 am-12:30 pm	Jan 9-30	\$55	ages 9-12

Intermediate Guitar Lessons

This intermediate guitar class is perfect for the child who has already taken beginner lessons. Students must have an understanding of chords and notes. **INSTRUCTOR:** Krista Pimentel

Flah Park	Sa	11:30 am-12:30 pm	Nov 7-28	\$55	ages 9-12
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Wake Forest Children's Choir **<<NEW!>>**

The Wake Forest Children's Choir is a community outreach program for children in fourth through ninth grade. Choristers will sing a variety of exhilarating repertoire through the year while developing proper singing technique in a noncompetitive environment. Through ensemble participation, children will gain a sense of community and become lifelong lovers of music. Singers will participate in weekly rehearsals and will be given performance opportunities throughout the year. This will be a wonderful opportunity for children to connect with other passionate and dedicated musicians in the Wake Forest community. Auditions will be held Aug 31, 4:30-6:30 pm at the Renaissance Centre. Registration is necessary in order to audition. For more information and to register to audition, please visit www.wfchildrenschoir.org. **INSTRUCTOR:** Kasie Ryan and Terri Smith

Ren Ctr	Tu	5:00 pm-6:00 pm	Sep 4-Apr 19	\$340*	grades 4-9
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**Tuition includes choir shirt and music*

Fitness

YogaHappy—Kids **<<NEW!>>**

Songs, games, crafts, stories, imaginative play, and creative movement...this isn't your typical yoga class. YogaHappy uses these familiar activities to teach yoga in a fun and interactive way. In addition to being fun, yoga promotes confidence, healthy living, and a peaceful mind, all of which contribute to a happier you! **INSTRUCTOR:** Alison Draper

Ren Ctr AA	M	4:30 pm-5:25 pm	Sep 14-Oct 19	\$60	ages 4-7
Ren Ctr AA	M	4:30 pm-5:25 pm	Nov 2-Dec 7	\$60	ages 4-7
Ren Ctr AA	M	4:30 pm-5:25 pm	Jan 4-Feb 15*	\$60	ages 4-7

**No class Jan 18*

Fitness Hula-Hooping

Hula-hooping is no longer just for kids! Adults have realized the muscle firming and calorie burning benefits of this joy-inducing, stress-relieving exercise. In this class, students will learn hoop moves like waist hooping, arm hooping, chest hooping, and leg hooping. No prior hooping experience is necessary, and we will use large, adult-sized hoops to make moves easy to learn. 100% guaranteed hooping success! With regular attendance, students will improve their fitness level, hooping skills, and well-being. Fitness meets play! **INSTRUCTOR:** Angela Moser/Pickle Mamas



Alst Mass	W	7:00 pm-8:00 pm	Sep 2-30	\$55	ages 10+
Alst Mass	W	7:00 pm-8:00 pm	Oct 14-Nov 11	\$55	ages 10+
Alst Mass	W	7:00 pm-8:00 pm	Nov 25-Dec 30*	\$55	ages 10+
Alst Mass	W	7:00 pm-8:00 pm	Jan 27-Feb 24	\$55	ages 10+

**No class Dec 23; *Optional \$13 drop-in fee is accepted*

Dance

Wake Forestettes Baton Corps

The Wake Forestettes is a community-based precision baton corps. Students will learn how to twirl the baton and will perform at various community events. Baton, practice uniform and performance uniform required. No experience necessary. **INSTRUCTOR:** Bonnie Mallory

WFCH*	M/W	4:30 pm-5:30 pm	Aug 3-Jun 30**	\$55/mo	grades 2-4
WFCH*	M/W	5:30 pm-6:00 pm	Aug 3-Jun 30**	\$55/mo	grades K-1
WFCH*	M/W	6:00 pm-7:00 pm	Aug 3-Jun 30**	\$55/mo	grades 5-8

**Due to renovations, classes will temporarily move to the Alston-Massenburg Center beginning Jan 4;*

***No class Sep 7, Nov 25, Jan 8; Parent Meeting: July 29, 7 pm at the WFCH*

Modern Western Square Dancing <<NEW!>>

Modern Western Square Dancing is one of the best ways to get your body moving, challenge your mind, relieve stress and meet new and friendly people. Participants will learn to execute basic cooperative dance figures, or 'calls,' at the direction of the square dance caller to the beat of the music. After learning the basic skills, participants will be well on their way to enjoying a lifelong hobby to be enjoyed at clubs locally and across the country. Partners are not necessary. Smiles are guaranteed! **INSTRUCTOR:** Jimmy Roberson

WFCH*	M	7:00 pm-9:00 pm	ongoing	\$10/mo	ages 12-18
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**Due to renovations, classes will temporarily move to the Alston-Massenburg Center beginning Jan 4;*

**Class dress is casual but participants are encouraged to wear comfortable shoes*

Ballet, Tap & Jazz Combination (grades K-2) <<NEW!>>

Dancers will gain ballet, tap, & jazz technique through age-appropriate exercises at the barre, in the center of the room, and traveling across the floor. Students will get 20 minutes of instruction in each genre. They will apply these skills in 3 new routines that they will perform at the end of each session. **REQUIREMENTS:** *Girls:* leotards, tights, hair up, pink canvas or leather ballet shoes, and black or tan tap shoes. *Boys:* Flexible gym shorts or pants, T-shirt, black tap shoes and jazz shoes. **INSTRUCTOR:** Rachel Macholl's Academy of Dance

Alst Mass	Th	4:00 pm-5:00 pm	Sep 3-Oct 8	\$50	grades K-2
Alst Mass	Th	4:00 pm-5:00 pm	Oct 15-Nov 19	\$50	grades K-2
Alst Mass	F	4:00 pm-5:00 pm	Dec 4-Jan 22*	\$50	grades K-2
Alst Mass	F	4:00 pm-5:00 pm	Jan 29-Mar 4	\$50	grades K-2

**No class Dec 25 and Jan 1*



Ballet, Tap & Jazz Combination (grades 3-5) <<NEW!>>

Dancers will gain ballet, tap and jazz technique through age-appropriate exercises at the barre, in the center of the room, and traveling across the floor. Students will get 30 minutes of instruction in each genre. They will apply these skills in 3 new routines that they will perform at the end of each session.

REQUIREMENTS: *Girls:* leotards, tights, hair up, pink canvas or leather ballet shoes, and black or tan tap shoes. *Boys:* Flexible gym shorts or pants, T-shirt, black tap shoes and jazz shoe. **INSTRUCTOR:** Rachel Macholl's Academy of Dance

Alst Mass	Th	5:00 pm-6:30 pm	Sep 3-Oct 8	\$60	grades 3-5
Alst Mass	Th	5:00 pm-6:30 pm	Oct 15-Nov 19	\$60	grades 3-5
Alst Mass	F	5:00 pm-6:30 pm	Dec 4-Jan 22*	\$60	grades 3-5
Alst Mass	F	5:00 pm-6:30 pm	Jan 29-Mar 4	\$60	grades 3-5

**No class Dec 25 and Jan 1*

Ballet, Tap & Jazz Combination (grades 6-9) <<NEW!>>

Dancers will gain ballet, tap, and jazz technique through age-appropriate exercises at the barre, in the center of the room, and traveling across the floor. Students will get 30 minutes of instruction in each genre. They will apply these skills in three new routines that they will perform at the end of each session.

REQUIREMENTS: *Girls:* leotards, tights, hair up, pink canvas or leather ballet shoes, and black or tan tap shoes. *Boys:* Flexible gym shorts or pants, T-shirt, black tap shoes and jazz shoes. **INSTRUCTOR:** Rachel Macholl's Academy of Dance

Alst Mass	Th	6:30 pm-8:00 pm	Sep 3-Oct 8	\$60	grades 6-9
Alst Mass	Th	6:30 pm-8:00 pm	Oct 15-Nov 19	\$60	grades 6-9
Alst Mass	F	6:30 pm-8:00 pm	Dec 4-Jan 22*	\$60	grades 6-9
Alst Mass	F	6:30 pm-8:00 pm	Jan 29-Mar 4	\$60	grades 6-9

**No class Dec 25 and Jan 1*

Theater

Creative Drama

Session 1—Stories Alive! <<NEW!>>

Students will explore skills needed to bring a story to life such as concentration, movement, pantomime, vocal projection, dialogue and characterization. In this session, students will have fun and learn basic acting skills as they bring favorite stories to life through drama. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Sa	9:30 am-10:30 am	Sep 12-Oct 24	\$90	ages 6-7
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Creative Drama

Session 2—Fables, Folktales & Legends <<NEW!>>

Students will explore skills needed to bring a story to life such as concentration, movement, pantomime, vocal projection, dialogue and characterization. In this session, students will act out important life lessons taught in delightful Native American, African, Russian folktales and in stories from lands near and far. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Sa	9:30 am-10:30 am	Oct 31-Dec 19*	\$90	ages 6-7
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*No class Nov 28

Play On!

Session 1—Story Theatre <<NEW!>>

Students will explore story dramatization with an emphasis on group work and improvisation. In this session, students will become a monkey, a roller coaster, a pirate, a volcano or even a T-Rex. The possibilities are endless in the exciting art of story theatre where actors become the people, the animals and even the objects of a variety of stories. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Sa	10:45 am-12:00 pm	Sep 12-Oct 24	\$95	ages 8-9
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Play On!

Session 2—Character Safari <<NEW!>>

Students will explore story dramatization with an emphasis on group work and improvisation. In this session, students will explore settings such as the fairy tale, the action adventure movie, the science fiction novel, the TV sitcom—even the refrigerator—to discover exciting character and original story possibilities. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Sa	10:45 am-12:00 pm	Oct 31-Dec 19*	\$95	ages 8-9
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*No class Nov 28

Acting Out

Session 1—Act Fast! Improv <<NEW!>>

Students are introduced to basic acting skills and vocal training through the development of believable characters in improvised or scripted scenes. In this session, learning to think fast is a great life skill. Students will participate in fun improvisation games and exercises designed to promote group problem solving, build self-confidence and encourage spontaneity. It's also a lot of fun! **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Sa	12:30 pm-2:00 pm	Sep 12-Oct 24	\$110	ages 10-12
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Acting Out

Session 2—Young Actors Studio <<NEW!>>

Students are introduced to basic acting skills and vocal training through the development of believable characters in improvised or scripted scenes. In this session, through the use of theatre exercises, improvisation and scripted material, students will learn basic acting skills and techniques they need to know in order to audition effectively, develop believable characters and act for the stage. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Sa	12:30 pm-2:00 pm	Oct 31-Dec 19*	\$110	ages 10-12
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*No class Nov 28

Behind the Scenes:

Create a Character <<NEW!>>

Don't miss the chance to open up a theater prop box to find some weird and wonderful items that can be used as inspiration for your own piece of theatre. Create characters and bring them to life in the drama and improvisation workshop. **INSTRUCTOR:** Beth Martin



Ren Ctr AA	Sa	10:00 am-12:00 pm	Oct 3	\$25	ages 8-12
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Behind the Scenes:

Costume Making Workshop <<NEW!>>

Join in the fun of costume design and let your imagination soar as you learn some quick tips and tricks to creating a costume to inspire your very own character. Then show off your new creation in a character "fashion show" at the end of the workshop. **INSTRUCTOR:** Beth Martin

Ren Ctr AA	Sa	9:00 am-12:00 pm	Nov 14	\$40	ages 8-12
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Lego®

Become a Play-Well engineer this winter! With over 100,000 pieces of LEGO®, take on real-life engineering challenges that explore concepts in physics, engineering, and architecture! These are hands-on, brains-on workshops suitable for LEGO® novices to building “maniacs.”

Winter Wonderland Workshops with LEGO®

In these Play-Well mini camps, participants will apply engineering, architecture, creativity and fun to create a magical winter wonderland! Build motorized contraptions like snowmobiles, gondolas and more. We will build a hilltop village complete with slopes for our LEGO® skiers and sledgers, and even holiday lighting. **INSTRUCTOR:** Play-Well TEKnologies

Ren Ctr AA	M-Tu	9:00 am-12:00 pm	Dec 21-22	\$65	ages 5-7
Ren Ctr AA	M-Tu	1:00 pm-4:00 pm	Dec 21-22	\$65	ages 8-12

Pre-Engineering: Mine, Craft, Build using LEGO® <<NEW!>>

Bring Minecraft to life using tens of thousands of LEGO®! Build engineer-designed projects such as a motorized Creeper, a portal to the Nether, and a moving Minecart! Create your favorite Minecraft objects with the guidance of an experienced Play-Well instructor. Whether you are new to Minecraft and LEGO® or a seasoned veteran, you'll be hooked on the endless creative possibilities. **INSTRUCTOR:** Play-Well TEKnologies

Ren Ctr AA	M-Th	9:00 am-12:00 pm	Dec 28-31	\$125	ages 5-7
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Engineering FUNdamentals: Mine, Craft, Build using LEGO® <<NEW!>>

Bring Minecraft to life using LEGO®! Build a motorized walking Creeper, a terrifying Ghost, and a motorized Minecart! This project-based camp, designed by Play-Well instructors, combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without any prior experience with Minecraft or LEGO®. **INSTRUCTOR:** Play-Well TEKnologies

Ren Ctr AA	M-Th	1:00 pm-4:00 pm	Dec 28-31	\$125	ages -8-12
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Martial Arts

Taekwondo

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. **INSTRUCTOR:** Kevin Ray

WFCH	T/Th	7:00 pm-8:00 pm	ongoing	\$40 / mo.	ages 7-adult
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Afterschool

AMC Afterschool

This **free** afterschool program is open to all youth actively attending a Wake County school. The Alston-Massenburg Center (AMC) offers students a safe, supervised environment each afternoon. AMC gives children the opportunity to play or hang out with friends. A parent/guardian must register their child in person at the Alston-Massenburg Center.

Alst Mass	M-F	2:00 pm-6:00 pm	ongoing	free	ages 6-17
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Special Interest

Babysitting Boot Camp

This class is for youth getting started in babysitting. Participants will become certified in National Safety Council First Aid & CPR. Participants will also learn the characteristics of the different ages they will be babysitting. Different games for different ages groups will also be taught. **INSTRUCTOR:** Jean Cooke



Flah Park	Sa	9:00 am-4:00 pm	Sep 12	\$80	ages 13-19
Flah Park	Sa	9:00 am-4:00 pm	Oct 17	\$80	ages 13-19
Flah Park	Sa	9:00 am-4:00 pm	Dec 12	\$80	ages 13-19
Flah Park	Sa	9:00 am-4:00 pm	Jan 9	\$80	ages 13-19
Flah Park	Sa	9:00 am-4:00 pm	Feb 13	\$80	ages 13-19

ADULT

PROGRAMS & CLASSES

It's never too late to get active and learn something new. Enhance your life by taking a class and developing your interests.



Art

Watercolor

Students will learn washes, glazes, color mixing and composition. Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00 pm-3:00 pm	Sep 23-Oct 28	\$80	ages 16+
Flah Park	W	1:00 pm-3:00 pm	Nov 11-Dec 16	\$80	ages 16+
Flah Park	W	1:00 pm-3:00 pm	Jan 6-Feb 10	\$80	ages 16+
Flah Park	W	1:00 pm-3:00 pm	Feb 24-Mar 30	\$80	ages 16+

Beginners Oil & Acrylic Painting

Students will start with the basics: color wheel, value, composition and design. First paintings are a learning exercise. Enter the painting world! Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	1:00 pm-3:00 pm	Sep 22-Oct 27	\$80	ages 16+
Flah Park	Tu	1:00 pm-3:00 pm	Nov 10-Dec 15	\$80	ages 16+
Flah Park	Tu	1:00 pm-3:00 pm	Jan 5-Feb 9	\$80	ages 16+
Flah Park	Tu	1:00 pm-3:00 pm	Feb 23-Mar 29	\$80	ages 16+

Intermediate Oil & Acrylic Painting

Students will learn new techniques and choose their subject matter. Materials supplied by student. Must have completed Beginners Oil & Acrylic Painting. **INSTRUCTOR:** Mary Benejam

Flah Park	W	10:00 am-12:30 pm	Sep 23-Oct 28	\$80	ages 16+
Flah Park	W	10:00 am-12:30 pm	Nov 11-Dec 16	\$80	ages 16+
Flah Park	W	10:00 am-12:30 pm	Jan 6-Feb 10	\$80	ages 16+
Flah Park	W	10:00 am-12:30 pm	Feb 24-Mar 30	\$80	ages 16+

Advanced Oil Painting

This course is designed for advanced oil painting students. Will work on specific techniques and styles. All students must be approved by instructor. Materials supplied by student. **INSTRUCTOR:** Mary Benejam



Flah Park	Tu	10:00 am-12:30 pm	Sep 22-Oct 27	\$80	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Nov 10-Dec 15	\$80	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Jan 5-Feb 9	\$80	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Feb 23-Mar 29	\$80	ages 16+

Drawing Classes

Students will learn value, shape, shading, composition, perspective and design. All elements are extremely useful for any art work. Materials supplied by student. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00 pm-3:00 pm	Jan 6-Feb 10	\$80	ages 16+
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Beginning Photography

Let's learn to get that camera off "automatic" and take the photo you want instead of what the camera thinks you want. This class places emphasis on outdoor photography. We will discuss the interactions of f-stop, shutter speed, ISO. Participants will also learn about equipment, composition, varying light conditions and more. Participants must provide their own camera. **INSTRUCTOR:** Sol Levine



Flah Park	Tu	6:30 pm-9:00 pm	Sep 28-Oct 12	\$70	ages 16+
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Explore Zentangle

Come as a family or on your own to explore the new art of Zentangle! Participants will learn how to get started with Zentangle from dividing up your space to how to pick your tangles. This class includes the history and purpose of Zentangle. Participants will learn a total of eight tangles (patterns) and complete two tiles.

Pens and other supplied materials will be yours to keep! **INSTRUCTOR:** Cathy Dills-Boytons

Ren Ctr AA	Sa	2:00 pm-4:00 pm	Oct 17	\$65	ages 16-adult
Ren Ctr AA	Sa	2:00 pm-4:00 pm	Feb 6	\$65	ages 16-adult

Zentangle Holiday Greeting Card

Come join us for a special holiday Zentangle class! During this class, you will learn how to create some special tangles (patterns) to design your own special holiday greeting card. The possibilities are endless! No artistic ability needed.....seriously. Pens and other supplied materials will be yours to keep! **INSTRUCTOR:** Cathy Dills-Boytons

Ren Ctr AA	Sa	2:00 pm-4:00 pm	Dec 12	\$65	ages 16-adult
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Nativity Story Stones <<NEW!>>

Create a set of hand-painted stones that tell the Christmas story complete with a fun little pouch for storing them. Make this interactive nativity set as a memorable gift for someone special. **INSTRUCTOR:** Beth Martin

Ren Ctr AA	Sa	10:00 am-12:00 pm	Nov 21	\$20	ages 10-adult
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Scrap Happens & Open Craft Night <<NEW!>>

Gather with other crafters at the Arts Annex to work on your own creative projects. Feel free to bring in dinner! Table and chairs provided.

Ren Ctr AA	F	5:00 pm-11:00 pm	Sep 11, Oct 9, Nov 13, Dec 11, Jan 8, Feb 12	\$60	ages 16-adult
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Textile Arts

Crochet Amigurumi <<NEW!>>

Learn the basics of crochet and make your own unique stuffed animal. Amigurumi is from a Japanese word meaning knitted or crocheted stuffed doll. These charming toys are a great way to experiment and be creative. This class is appropriate for anyone, no previous crochet experience required. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Sep 15-Oct 20	\$77	ages 16-adult
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Knitted Scarf & Wrist Warmers <<NEW!>>

Learn to knit cables, while making a beautiful scarf. They are not as tricky as they look. Also, learn to use double pointed needles while making matching wrist warmers. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Nov 3-Dec 8	\$70	ages 16-adult
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**Supply list provided to students*





Crocheted Filled Bags <<NEW!>>

Learn the basics of crochet while making a pair of small totes. This class is suitable for those with little or no crochet experience. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Jan 12-Feb 16	\$70	ages 16-adult
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**Supply list provided to students*

Knitted Cable Headband <<NEW!>>

Learn to knit cables while making a headband for winter. This class is suitable for those who already know the knit and purl stitches. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Oct 10	\$25	ages 16-adult
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**Supply list provided to students*

Crochet Snowflake <<NEW!>>

Learn to crochet a lace snowflake. Your snowflake can be simple or fancy, depending on your taste and experience level. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Nov 14	\$30	ages 16-adult
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Knitted Coffee Sweater <<NEW!>>

Learn to knit in the round on double pointed needles while making a "sweater" to keep your coffee warm (or a tea jumper, if you prefer). This class is suitable for those who already know the knit and purl stitches. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Jan 16	\$25	ages 16-adult
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**Supply list provided to students*

Crocheted Lace Edge Baby Blanket <<NEW!>>

Decorate a soft and cozy blanket with a lovely lace edge. This class is suitable for those with little or no crochet experience. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Sa	9:00 am-12:00 pm	Feb 6	\$34	ages 16-adult
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Glass Fusion

Glass Fused and Functional <<NEW!>>

This class will provide students a chance to learn the basics of fusing glass while designing and construction an original 7" x 7" dish using various tools and techniques. Finished dish will be food safe. All supplies included. Completed piece will be fired and available for pick up one week from the date of the class. **INSTRUCTOR:** Linda Martin

Ren Ctr AA	Tu	5:30 pm-9:30 pm	Sep 22	\$90	ages 16-adult
Ren Ctr AA	Sa	10:00 am-2:00 pm	Sep 26	\$90	ages 16-adult

Glass Winter Wonderland <<NEW!>>

Join us to create a beautiful Winter Wonderland piece of glass art. Your original creation will make a wonderful holiday gift for yourself or someone special. You will learn basics of fusing glass and using glass tools while enjoying your artsy self. All supplies included. Completed piece will be fired and available for pick up one week from the date of the class. **INSTRUCTOR:** Linda Martin

Ren Ctr AA	Sa	10:00 am-2:00 pm	Oct 3	\$90	ages 16-adult
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Glass Holiday Ornaments <<NEW!>>

This workshop combines the joy of the holidays with the pride of making your own ornament. Construction using various glass tools and incorporating stringers, frit and dots lets you be as creative as you'd like. These unique ornaments (3) will be handed down for generations. All supplies included. Finished work will be fired and available for pick up one week from the date of the class. **INSTRUCTOR:** Linda Martin

Ren Ctr AA	Sa	10:00 am-1:00 pm	Nov 21	\$50	ages 16-adult
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Theater

Beginning Actors Studio <<NEW!>>

This class is designed to get the beginning actor started by learning basic acting skills and participating in confidence building improvisation. In a non-threatening and supportive environment, students will use group theatre exercises to explore the actor's tools: the body, the voice, concentration, imagination and observation. Students are asked to wear comfortable clothing allowing for freedom of movement and closed toe shoes. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Tu	7:00 pm-9:00 pm	Sep 15-Oct 20	\$120	ages 18+
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Scene Study <<NEW!>>

This class is for both beginning and intermediate students who wish to learn and sharpen basic acting skills and explore character development and memo- rization techniques through scene study. **INSTRUCTOR:** Raleigh Little Theatre

Ren Ctr AA	Tu	7:00 pm-9:30 pm	Oct 27-Dec 8*	\$150	ages 18+
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*No class Nov 24

Music

Private Voice Lessons

Private voice lessons are a great opportunity to gain foundational knowledge and skills in a pressure-free setting. Whether you are looking to improve your technique, prepare for an audition or learn a new hobby, private lessons will give you the individual attention you need to share your voice with confidence. **INSTRUCTOR:** Heather Dahlberg

Ren Ctr AA	M	4:00 pm-4:30 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	4:30 pm-5:00 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	5:30 pm-6:00 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	6:00 pm-6:30 pm	Sep 14-Nov 2	\$250	ages 12-adult
Ren Ctr AA	M	4:00 pm-4:30 pm	Jan 11-Feb 29	\$250	ages 12-adult
Ren Ctr AA	M	4:30 pm-5:00 pm	Jan 11-Feb 29	\$250	ages 12-adult
Ren Ctr AA	M	5:30 pm-6:00 pm	Jan 11-Feb 29	\$250	ages 12-adult
Ren Ctr AA	M	6:00 pm-6:30 pm	Jan 11-Feb 29	\$250	ages 12-adult

Fitness

Gentle Yoga

This class will focus on the therapeutic benefits of yoga. It will be especially beneficial for those with limited mobility, injuries or those seeking a gentler practice. Come join us and see what yoga can do for you! **INSTRUCTOR:** Sunny Davis

Alst Mass	W	10:00 am-11:30 am	Sep 16-Oct 21	\$90*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Nov 4-Dec 9	\$90*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Jan 6-Feb 10	\$90*	ages 18+
Alst Mass	W	10:00 am-11:30 am	Feb 24-Mar 30	\$90*	ages 18+

*Optional \$18 drop-in fee is accepted once minimum of 6 is met

Core Strengthening with Pilates

All movement originates from the core, so having a strong core helps us move more easily and efficiently. Pilates is now the most recommended form of exer- cise to help with lower back issues. By strengthening the core muscles you can help alleviate lower back and hip pain. **INSTRUCTOR:** Sunny Davis

Flah Park	M	10:00 am-11:00 am	Sep 14-Oct 19	\$72*	ages 18+
Flah Park	M	10:00 am-11:00 am	Nov 2-Dec 7	\$72*	ages 18+
Flah Park	M	10:00 am-11:00 am	Dec 21-Jan 25	\$72*	ages 18+
Flah Park	M	10:00 am-11:00 am	Feb 8-Mar 14	\$72*	ages 18+

*Optional \$14 drop-in fee is accepted once minimum of 6 is met



Yoga for Every Body <<NEW!>>

Yoga is truly for every body. If you are curious about why yoga has received so much positive press about the potential benefits, please come give it a try. The class will be taught so that all levels from the beginner to the seasoned practitioner can participate. **INSTRUCTOR:** Sunny Davis

Alst Mass	Tu	5:30 pm-6:30 pm	Sep 15-Oct 20	\$72*	ages 18+
Alst Mass	Tu	5:30 pm-6:30 pm	Nov 3-Dec 8	\$72*	ages 18+
Alst Mass	Tu	5:30 pm-6:30 pm	Dec 22-Jan 26	\$72*	ages 18+
Alst Mass	Tu	5:30 pm-6:30 pm	Feb 9-Mar 15	\$72*	ages 18+

*Optional \$14 drop-in fee is accepted once minimum of 6 is met

Camp Gladiator <<NEW!>>

Camp Gladiator is a four-week adult fitness boot camp that promises a motivating and challenging environment where men and women of all ages and fitness levels can push themselves. Campers should expect a total body workout. A typical session could include interval training, sprint and agility drills, stations, plyometrics, body weight strength drills, cardio mix, and much more. As a special bonus for Wake Forest residents who live in the 27587 zip code, PRCR and Camp Gladiator have designated week two of every four-week camp cycle as Town of Wake Forest and CG Fitness Week. During the second week of camp, all participants who reside in the 27587 zip code may take part in any Camp Gladiator at any Wake Forest location at no cost. To register for the four-week evening camp, contact Bethany Stillwaggon, ACSM Certified Personal Trainer at 724-301-3557 or bethanystillwaggon@campgladiator.com. Online registration is also available at campgladiator.com/ Raleigh. **INSTRUCTOR:** Bethany Stillwaggon, ACSM Certified Personal Trainer

Flah Park	Tu/Th	6:15 pm	Aug-Dec	ages 18+
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Fitness Hula-Hooping

Hula-hooping is no longer just for kids! Adults have realized the muscle firming and calorie burning benefits of this joy-inducing, stress-relieving exercise. In this class, students will learn hoop moves like waist hooping, arm hooping, chest hooping, and leg hooping. No prior hooping experience is necessary, and we will use large, adult-sized hoops to make moves easy to learn.

100% guaranteed hooping success! With regular attendance, students will improve their fitness level, hooping skills, and well-being. Fitness meets play!

INSTRUCTOR: Angela Moser / Pickle Mamas

Alst Mass	W	7:00 pm-8:00 pm	Sep 2-30	\$55*	ages 10+
Alst Mass	W	7:00 pm-8:00 pm	Oct 14-Nov 11	\$55*	ages 10+
Alst Mass	W	7:00 pm-8:00 pm	Nov 25-Dec 30*	\$55*	ages 10+
Alst Mass	W	7:00 pm-8:00 pm	Jan 27-Feb 24	\$55*	ages 10+

**No class Dec 23; optional \$13 drop-in fee is accepted*

Martial Arts

Taekwondo

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. **INSTRUCTOR:** Kevin Ray

WFCH	Tu/Th	7:00 pm-8:00 pm	ongoing	\$40 / mo.	ages 18+
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Dance

Modern Western Square Dancing «NEW!»

Modern Western Square Dancing is one of the best ways to get your body moving, challenge your mind, relieve stress and meet new and friendly people. Participants will learn to execute basic cooperative dance figures, or 'calls,' at the direction of the square dance caller to the beat of the music. After learning the basic skills, participants will be well on their way to enjoying a lifelong hobby to be enjoyed at clubs locally and across the country. Partners are not necessary. Smiles are guaranteed. **INSTRUCTOR:** Jimmy Roberson

WFCH*	M	7:00 pm-9:00 pm	ongoing	\$20 / mo	ages 19+
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**Due to renovations, classes will temporarily move to the Alston-Massenburg Center beginning Jan 4;*

**Class dress is casual but participants are encouraged to wear comfortable shoes*

Nature

Tree Stewards Workshop

The Town of Wake Forest is seeking volunteers with a passion for trees, a desire to learn, and an interest in becoming a Tree Steward in our community. Participants will receive free training on proper planting techniques, tree identification, pruning, fertilization and more. Volunteers that successfully complete the training will become Town of Wake Forest Tree Stewards. Tree Stewards must pledge to contribute at least four hours of service within one year of their training. Many opportunities for service will be offered including distributing information at community events, planting trees, and performing basic maintenance, such as mulching and watering. Participants under the age of 18 must have the permission of a parent or legal guardian to volunteer. **INSTRUCTOR:** Jennifer Rall, Urban Forestry Coordinator



WF Town Hall	Sa	9:00 am-12:30 pm	Oct 24	4 hrs of volunteer service	ages 13+
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Tree Care 101

A comprehensive introductory class on proper tree care practices for the homeowner. Topics will include tree selection, planting, pruning and mulching. **INSTRUCTOR:** Jennifer Rall, Urban Forestry Coordinator

WF Town Hall	Sa	9:00 am-12:30 pm	Feb 27	\$15	ages 18+
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SPECIALIZED

RECREATION

Enriching programs tailored for children with special needs.



Ongoing Programs

Sensory Fun Days

Need some time to spend with your exceptional child in a fun unstructured environment? This unique open play time is held in our indoor gym facility. It is designated for children with special needs and their families. A parent or caretaker must accompany each child.

Flah Park	Su	3:00 pm-5:00 pm	ongoing	free	18 mos-13 yrs.
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Special Events

Family Game Night <<NEW!>>

Enjoy a fun-filled evening playing board games with the whole family. We provide a library of games for you to enjoy or you can bring your own if you'd like. Bring your favorite snack and concessions will also be available for purchase. Come enjoy plenty of fun and laughter with all of us!

Ren Ctr	F	6:30 pm-8:30 pm	Jan 15	free	all ages
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**Pre-registration is required*

Family Bingo Night <<NEW!>>

Feeling lucky? Come play bingo, eat and socialize with us. Bring your favorite snack and concessions will also be available for purchase. Win prizes and have fun!

Ren Ctr	F	6:30 pm-8:30 pm	Nov 20	free	all ages
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**Pre-registration is required*

Special Needs Movie Night

This movie night allows children with special needs to enjoy a film in a safe and accepting environment. The event area will have added lighting, and the movie's volume will be lower. Audience members are invited to get up and dance, walk, shout or sing! Bring your favorite snack and concessions will also be available for purchase. The rule of the day: FUN without repercussions.

Ren Ctr	F	6:30 pm	Sep 11	free	all ages
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Special Needs Valentine Party

The Town of Wake Forest invites our youth with special needs and their siblings to celebrate Valentine's Day. The party will feature music, crafts, games and refreshments. Drop in for a game of BINGO and try your luck at winning a prize!



Ren Ctr	Sa	2:00 pm-4:00 pm	Feb 6	\$5	all ages
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**Pre-registration is required*

ATHLETICS

YOUTH AND ADULT

Join a team sport and reach for the top of your game!



YOUTH REGISTRATION: ALL registration for youth leagues will be held **online only** during the specified registration periods. Computer access will be available at town hall should registrants need access. New players must submit a copy of the participant's birth certificate. Returning players are not required to submit a birth certificate.

ADULT REGISTRATION: Register at Wake Forest Town Hall, 301 S. Brooks St. or online at wakeforestnc.recdesk.com.

RESIDENT/NON-RESIDENT RATES: Residents who live within the town's limits are eligible for the \$40 resident rate. Residents who live outside the town's limits are encouraged to participate in athletic programs but will be charged the \$80 non-resident rate.

REFUNDS: Athletic fees are 100% refundable if requested, in writing, before the participant's first assigned team practice. After the first practice, refunds will not be granted. Anyone withdrawing from an athletic program must request a refund in writing in order for a refund to be processed. Note that late registration fees, if paid, are non-refundable.

Youth Athletics

Youth Basketball

Team practices begin in November. Games are played December-February. League age is determined by participant's age on Jan. 1, 2016. **Online registration only.** **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Sep 1-30	Nov-Feb season	\$40 resident \$80 non-resident	ages 5-18 boys and girls
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Spring Baseball, Softball & T-Ball

League drafts/team placement will begin in March. Practices begin within one week of league drafts. Games are played primarily on weeknights from April through late June. League age is determined by participants age on April 30, 2016. **Online registration only.** **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.

Registration: Feb 1-29	Mar-Jun season	\$40 resident \$80 non-resident	boys, ages 5-17 girls, ages 5-15
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Dream League Baseball

An adaptive baseball league for school-aged children with special needs. League play begins in April with games on Saturday mornings through early June. **Online registration only.** **STAFF CONTACT:** Edward Austin, eaustin@wakeforestnc.gov, 919-435-9562.

Registration: Feb 1-29	Apr-Jun season	\$40 resident \$80 non-resident	ages 5+ boys and girls
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Next Level Baseball—Winter Off-Season Development

MLB players train year-round to keep their bodies ready for baseball, then they have spring training before starting their season. The Winter Off-Season Development (ODP) is the "spring training" before high school and middle school baseball seasons/tryouts begin. With a ratio of 50% strength/conditioning and 50% baseball drills, players' bodies will be ready to compete for roster spots in February! T-shirt included. **INSTRUCTOR:** Coach Lenny Fairfield, Franklin Academy High School Baseball Coach.

Flah Pk	Tu/Th/Sa	Tu/Th: 5:00 pm-7:00 pm Sa: 11:00 am-1:00 pm	Jan 12-Feb 12	\$299	grades 4-6
Flah Pk	Tu/Th/Sa	Tu/Th: 5:00 pm-7:00 pm Sa: 11:00 am-1:00 pm	Jan 12-Feb 12	\$349	grades 7-12

Tennis Program

Tennis leagues, tennis lessons and tennis clinics are offered by the Wake Forest Area Tennis Association (WFATA) through a partnership agreement with the Wake Forest Parks, Recreation and Cultural Resources Department. WFATA provides fun, affordable, structured tennis programs for a diverse group of men, women and children representing many races, nationalities, cultures, and socio-economic backgrounds. To learn more, visit www.wfata.usta.com/.



Adult Athletics

Men's Spring Recreational Softball League

Games played Monday, Wednesday and Thursday beginning in mid-March. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Feb 1-29	Mar-Apr season	\$550/team	ages 18+
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Church Men's Softball League

Games will be played Monday, Tuesday, Thursday, Friday and Saturday beginning in late April. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Mar 1-31	Apr-Jun season	\$550/team	ages 18+
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Men's 4-on-4 Basketball

Games played Monday/Wednesday evenings (under 35) and Tuesday/Thursday evening (35 and over) at Flaherty Park Community Center.. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Aug 1-31	Sep-Nov season	\$150/team	ages 18+
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Sponsors Needed for Youth Baseball & Softball Leagues

The Wake Forest Parks, Recreation & Cultural Resources Department offers local businesses the opportunity to impact the lives of area young people while enhancing their marketing efforts. Sponsorship support is needed to help offset the operating cost of youth ball leagues and keep fees affordable for all participants.

Team sponsorship levels range from \$100-\$1,600 and include an array of benefits. Scoreboard sponsorships are also available along with several signage options.

To learn more, visit wakeforestnc.gov/sponsorship-opportunities.aspx or contact Recreation Specialist Meghan Hawkins at 919-435-9457 or mhawkins@wakeforestnc.gov.



Adult Pickleball League

«NEW!»

League will be offered on Thursdays beginning in February at the South-eastern Baptist Theological Seminary Ledford Center. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Jan 1-29	Feb-Apr season	\$35	ages 18+
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Adult Flag Football

Each year from September through November, the Wake Forest Parks, Recreation & Cultural Resources Department partners with CenterPoint Sports to offer an adult flag football league. League games are played on Sunday afternoons from mid-September through early November. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Aug 1-31	Sep-Nov season	\$150/team	ages 18+
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Adult Co-Rec Kickball

League play is scheduled to begin in mid-September, and games will be played on weeknights and Sundays throughout late October. **STAFF CONTACT:** Meghan Hawkins, mhawkins@wakeforestnc.gov, 919-435-9457.

Registration: Aug 1-31	Sep-Oct season	\$150/team	ages 18+
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Tennis Program

Tennis leagues, tennis lessons and tennis clinics are offered by the Wake Forest Area Tennis Association (WFATA) through a partnership agreement with the Wake Forest Parks, Recreation and Cultural Resources Department. WAFATA provides fun, affordable, structured tennis programs for a diverse group of men, women and children representing many races, nationalities, cultures, and socio-economic backgrounds. To learn more, visit www.wfata.usta.com/.

SPRING 2016 Baseball, Softball & T-ball

League Age

May	June	July	Aug	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	AGE
2010	2010	2010	2010	2010	2010	2010	2010	2011	2011	2011	2011	5
2009	2009	2009	2009	2009	2009	2009	2009	2010	2010	2010	2010	6
2008	2008	2008	2008	2008	2008	2008	2008	2009	2009	2009	2009	7
2007	2007	2007	2007	2007	2007	2007	2007	2008	2008	2008	2008	8
2006	2006	2006	2006	2006	2006	2006	2006	2007	2007	2007	2007	9
2005	2005	2005	2005	2005	2005	2005	2005	2006	2006	2006	2006	10
2004	2004	2004	2004	2004	2004	2004	2004	2005	2005	2005	2005	11
2003	2003	2003	2003	2003	2003	2003	2003	2004	2004	2004	2004	12
2002	2002	2002	2002	2002	2002	2002	2002	2003	2003	2003	2003	13
2001	2001	2001	2001	2001	2001	2001	2001	2002	2002	2002	2002	14
2000	2000	2000	2000	2000	2000	2000	2000	2001	2001	2001	2001	15
1999	1999	1999	1999	1999	1999	1999	1999	2000	2000	2000	2000	16
1998	1998	1998	1998	1998	1998	1998	1998	1999	1999	1999	1999	17

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

Age Bracket

Baseball (male)	AGE	Softball (female)
T-ball	5 coed	T-ball
T-ball	6 coed	T-ball
Rookie League (machine pitch)	7 coed	Rookie League (machine pitch)
Rookie League (machine pitch)	8 coed	Rookie League (machine pitch)
Minor League	9	Minor League
Minor League	10	Minor League
Little League (11-12)	11	Little League (11-12)
Little League (11-12)	12	Little League (11-12)
Junior League (13-14)	13	Junior League (13-14)
Junior League (13-14)	14	Junior League (13-14)
Senior League (15-17)	15	Senior League (15-17)
Senior League (15-17)	16	Senior League (15-17)
Senior League (15-17)	17	Senior League (15-17)

WINTER 2015-16 Youth Basketball

League Age

Jan	Feb	Mar	Apr	May	Jun	July	Aug	Sep	Oct	Nov	Dec	AGE
2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	2010	5
2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	2009	6
2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	2008	7
2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	2007	8
2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	2006	9
2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	2005	10
2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	2004	11
2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	2003	12
2002	2002	2002	2002	2002	2002	2002	2002	2002	2002	2002	2002	13
2001	2001	2001	2001	2001	2001	2001	2001	2001	2001	2001	2001	14
2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	2000	15
1999	1999	1999	1999	1999	1999	1999	1999	1999	1999	1999	1999	16
1998	1998	1998	1998	1998	1998	1998	1998	1998	1998	1998	1998	17
1997	1997	1997	1997	1997	1997	1997	1997	1997	1997	1997	1997	18

Find participant's birth month in the top row of the chart. In the birth month column, find participant's birth year. League age is indicated on that row at far right.

Volunteer Coaching

Volunteer coaches are valuable assets to Wake Forest athletic programs. These individuals demonstrate a selfless concern for the community as evidenced by their willingness to give of their time to help area children.

Opportunities are available to coach the following sports:

- basketball (November-February)
- volleyball (mid-May to late July)
- spring baseball, softball and t-ball (mid-March to late June)
- fall baseball/softball (mid-August through mid-October)

We strive to provide a safe environment for Wake Forest youth. Therefore, before a coach is permitted to participate in any of our youth leagues, he/she is required to annually complete and submit a background check consent form.

To inquire about coaching opportunities, contact Athletic Program Superintendent Edward Austin at 919-435-9562, eaustin@wakeforestnc.gov or Recreation Specialist Meghan Hawkins at 919-435-9457, mhawkins@wakeforestnc.gov.

**Inclement
Weather Line:
919-435-9569**

In case of inclement weather, Wake Forest residents should call the WEATHER LINE at 919-435-9569 for information concerning changes to the town's regular schedule. The Weather Line will provide updates concerning all town-sponsored programs and activities, including athletic games and practices, as well as concerts, festivals, and other events. Smartphone users who have downloaded the Town of Wake Forest app will receive a push notification message informing them of any schedule changes. Weather-related announcements may also appear on the homepage of the town's website, on our Facebook page and on Wake Forest TV 10.

RENAISSANCE CENTRE

FOR THE ARTS

You'll discover enriching experiences at the centre that will leave you feeling inspired.

Free Movie Series

First Friday Flix

Monthly movie showings feature a variety of film favorites. Call 919-435-9428 to hear the name of the movie. Free and open to the public. Concessions for sale.

Ren Ctr	First Friday of each month*	7:00 pm	free
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*No movie in December

fliX4kids

Movie showings geared for ages 3-10. All shows are rated G or PG. Call 919-435-9428 to hear the name of the movie. Free and open to the public. Concessions for sale.

Ren Ctr	Second Monday of each month	10:30 am	free
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Free at Three

Monthly movie showings geared for the over fifty crowd. Call 919-435-9428 to hear the name of the movie.

Ren Ctr	Second Monday of each month	3:00 pm	free
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Writer's Night in the Forest

Guest authors will discuss their books with the audience.

Aug 13	Jess Eckstrom, <i>Freshman Fabulous: The Girls Guide to College</i>	7:00 pm	free
Sep 10	James Maxey, Piedmont Laureate; <i>Bad Wizard</i>	7:00 pm	free
Oct 15	Drew Bridges, <i>The Second-Greatest Baseball Game Ever Played: A Memoir</i>	7:00 pm	free
Nov 19	Kim Church, <i>Byrd</i>	7:00 pm	free



Performances

Carolina Puppet Theater

Storytelling, music and puppetry geared for ages 3-7. New shows each month. Tickets can be purchased online (wakeforestrencen.org) or at the Renaissance Centre box office located at 405 S. Brooks Street. On the day of the event, tickets may also be purchased at the door.

Ren Ctr	Aug 5	<i>The Green Mermaid</i>	11:00 am	\$5*
Ren Ctr	Sep 9 & 23	<i>The Three Bears</i>	11:00 am	\$5*
Ren Ctr	Oct 7 & 21	<i>Having Fun & Being Safe at Halloween</i>	11:00 am	\$5*
Ren Ctr	Nov 4 & 18	<i>Being Thankful</i>	11:00 am	\$5*
Ren Ctr	Dec 2 & 16	<i>Everyone is Special</i>	11:00 am	\$5*

*Tax not included; children under 3 admitted free

Forest Moon Theater presents Deathtrap

A successful writer of Broadway thrillers, whose recent plays have flopped and left him short on cash, will stop at nothing—including murder—to improve his fortunes. An abundance of twists, surprises and laughter await you in this classic thriller by Ira Levin. *Cue Magazine* describes it as being “two-thirds a thriller and one-third a devilishly clever comedy. Suspend your disbelief and be delighted. Scream a little. It's good for you.”

Ren Ctr	Sep 18 & 19	7:30 pm	advance: \$15 adult, \$13 student/senior
Ren Ctr	Sep 20	3:00 pm	day of: \$18 adult, \$16 student/senior
Ren Ctr	Sep 24, 25 & 26	7:30 pm	



Defamation—A Play by Todd Logan

Defamation is a play that explores the highly charged issues of race, religion, gender, class and the law with a twist: the audience is the jury. Through deliberations and post-show discussions, audiences engage in civil discourse that challenges pre-conceived notions.

Ren Ctr	Oct 17	7:00 pm	\$15 adult, \$12 student/senior
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Squonk Opera—Pneumatica

An event about air and music! The Squonkers pump up the volume with live music that permeates the air while inflatables pump up and immerse the audience. This show is fast, funny and inclusive: an art that includes the cheap thrills of a monster truck show, as well as the fragile beauty of flowers created in artist lofts.



Ren Ctr	Sep 27	3:00 pm and 5:00 pm	free
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Neck of the Woods

Neck of the Woods is a variety performance series that features emerging local artists. An evening may consist of several performance arts acts. Each show is different and may include actors, dancers, musicians, comedians, writers and spoken word artists. Come out and enjoy a truly unique and entertaining event and support your local artists! Cash bar for wine, beer and other refreshments. PRESENTED AND SPONSORED BY: Wake Forest ARTS

Ren Ctr	Oct 16	7:30 pm	\$5*
Ren Ctr	Feb 19	7:30 pm	\$5*

**Tax not included*

Royal Princess & Pirate Tea



Hear ye! Hear ye! Join Mayor Vivian Jones for an enchanted afternoon of tea, confections and theatre. Rags to Riches Theatre for Young Audiences will present Juan Bobo a folklore tale from Puerto Rico that is rich in tradition and spans several world cultures. Come dressed in your best royal attire, be it princess or pirate! Arrr! Suggested for ages 3-10.

Ren Ctr	Oct 24	3:00 pm	advance: \$12 adult, \$8 child 10 & under day of: \$15 adult, \$10 child 10 & under
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Wake Forest Children's Choir Holiday Concert

The Wake Forest Children's Choir will present an evening of holiday songs and carols under the direction of Kasie Ryan and Terri Smith.

Ren Ctr	Nov 30	6:00 pm	free
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Forest Moon Theater presents the Best Christmas Pageant Ever

It's time for the annual church Christmas pageant, but this year the couple in charge must cast the horrible Herdman kids, some of the most awful children in town. The results provide plenty of Pepto-Bismol moments—and fun—when the Herdman herd brings new meaning to the Christmas spirit. This family comedy is based on the only story to ever run twice in McCall's Magazine.

Ren Ctr	Dec 11	7:30 pm	advance: \$15 adult, \$13 student/senior
Ren Ctr	Dec 12	3:00 pm and 7:30 pm	day of: \$18 adult, \$16 student/senior
Ren Ctr	Dec 13	3:00 pm and 7:30 pm	

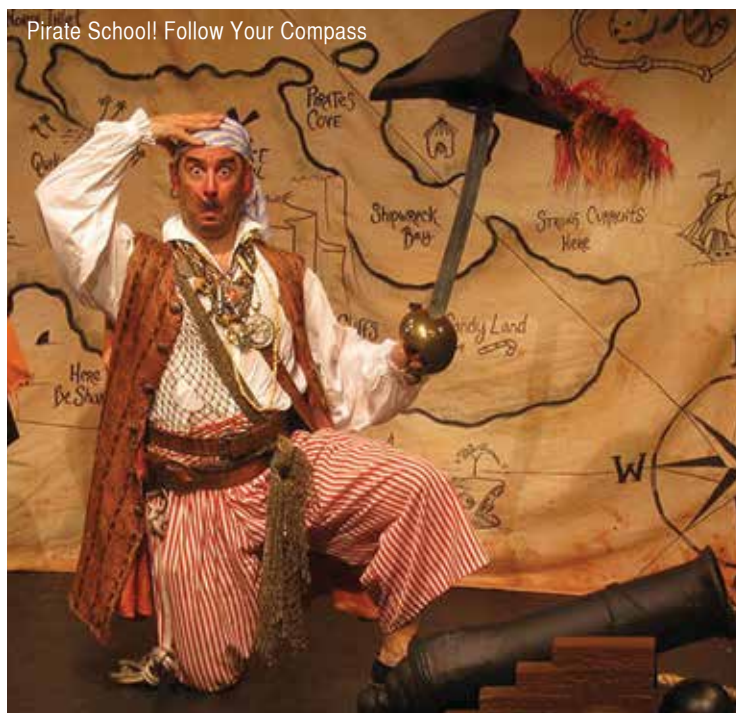
Shana Tucker Concert

Singer-songwriter and cellist Shana Tucker performs music that has been described as a mash-up of Joni Mitchell, Tracy Chapman and Dianne Reeves interwoven with the sounds of classical and jazz.

Ren Ctr	Jan 9	7:00 pm	advance: \$15 day of: \$18
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Shana Tucker



Pirate School! Follow Your Compass

Pirate School! Follow Your Compass

Strap in for the most fun anti-bullying, swashbuckling adventures ever! This riotous solo variety show created by David Engel, allows kids the chance to live the dream of the Golden Age of the Buccaneer while promoting everyday polite and social courage. The show features eye-popping puppetry, adept magic, a misbehaving cannon and the world's coolest wearable pirate ship.

Ren Ctr	Apr 15	7:00 pm	advance: \$10; day of: \$12
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Parents Night Out

Parents Night Out is an instant audience favorite delighting theatre audiences around the country. Karen Morgan, a Southern belle, and Jim Colliton, a Boston Irishman, are both comedy veterans and parents who are married...just not to each other. Through standup comedy, improv and hilarious audience participation, Jim and Karen give parents of all ages a chance to laugh at the trials and tribulations of parenthood, marriage, family and everyday life in America. Parents Night Out is clean comedy for grownups.

Ren Ctr	May 14	7:00 pm	advance: \$15; day of: \$18
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Yesterday & Today: The Interactive Beatles Experience

Rock to the music of the Beatles in an all new interactive concert experience where the audience creates the playlist for the night. With dead-on musical precision, Billy McGuigan and the band delivers the soundtrack of our lives.

Ren Ctr	Feb 20	7:00 pm	advance: \$15; day of: \$18
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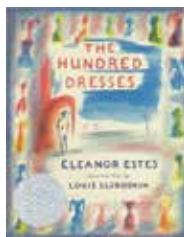
Cindabella—A Southern Fired Fairytale Musical

Relive a classic with a new southern twist! See Cindabella make it to the fish fry with the help of her Fairy Memaw! Watch Prince Beauregard try the bejeweled boot on every pretty prissy in town! This new original southern musical comes from the creator/producer of *Girls Raised in the South-GRITS: The Musical*. **PRESENTED BY:** McGee Communications & Entertainment

Ren Ctr	Feb 26	7:00 pm	\$12 adult, \$10 student/senior
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Forest Moon Theater presents The Hundred Dresses

Bullying, friendship and forgiveness are the themes for this season's Youth Theater production. The musical is based on a 1945 Newbery Honor book by Eleanor Estes. Humor, colorful characters and memorable songs combine to create a timeless story.



Ren Ctr	Mar 4 & 5	7:30 pm	advance: \$10 adult, \$7 child 12 & under
Ren Ctr	Mar 6	3:00 pm	day of: \$13 adult, \$10 child 12 & under
Ren Ctr	Mar 11 & 12	7:30 pm	
Ren Ctr	Mar 13	3:00 pm	

Forest Moon Theater presents Shakespeare in Hollywood

It's 1934 and the famous Max Reinhardt is filming Shakespeare's *A Midsummer Night's Dream*. When two of the bard's most famous fairies, Oberon and Puck, appear by magic on the Warner Brothers Hollywood set, the result is a hilarious combination of potent flowers, blonde bombshells, movie moguls and arrogant "asses" embroiled in multiple love triangles. Winner of the Helen Hayes Award for Best New Play in 2004, Ken Ludwig's take on Shakespeare's well-known comedy is a fun-filled romp that sparkles with wit and charm.

Ren Ctr	Jun 10 & 11	7:30 pm	advance: \$15 adult, \$13 student/senior
Ren Ctr	Jun 12	3:00 pm	day of: \$18 adult, \$16 student/senior
Ren Ctr	Jun 17 & 18	7:30 pm	
Ren Ctr	Jun 19	3:00 pm	

PURCHASE TICKETS

Tickets for shows may be purchased at wakeforestrencen.org or at the Renaissance Centre box office at 405 S. Brooks St., open Mon-Fri 9 am-12 pm and 1 pm-5 pm. 919-435-9458.

STAY CONNECTED

Sign up to receive email updates about upcoming events at the Renaissance Centre by visiting wakeforestrencen.org and clicking on "Join our Mailing List."





The Wake Forest Parks, Recreation & Cultural Resources Department (PRCR) reserves the right to alter schedules, fees, and instructors as necessary. Classes are subject to cancellation when minimum enrollment has not been reached. Classes are subject to instructor availability.

PARENT PARTICIPATION POLICY

The PRCR Department offers individualized skills programs for children. Parents are only permitted to attend sessions when the instructor requires parent participation.

In preschool programs where parent participation is not required, children must be potty-trained in order to participate.

REGISTRATION Programs

Preregistration is required for all programs.

Full payment must be made at the time of registration. Class registrations will be accepted up to two business days before the program's start date as long as space is available and unless otherwise noted. Online registration is accepted at wakeforestnc.recdesk.com or at any PRCR staffed facility.

Athletics

Athletic registration will only be accepted during the advertised registration period. Early registrations will not be accepted. Registration for youth athletics is available online only during specified registration dates.

Visit wakeforestnc.gov/parks-recreation-cultural-resources.aspx. New youth participants will be prompted to submit a birth certificate.

Non-Resident Fees

Anyone residing outside the corporate limits of the Town of Wake Forest is encouraged to participate in programs but may be assessed an additional non-resident fee.

Program Refund Policy

Program fees are 100% refundable when the program is canceled by the PRCR Department. Anyone wishing to withdraw from a class that has not been canceled by the PRCR Department must request a refund, in writing, at least 10 business days before the start of the class. Refunds will not be given for withdrawals made less than the 10 business day period other than for verified medical/hardship cases.

Athletic Refund Policy

Anyone withdrawing from an athletic program must request a refund, in writing, in order for a refund to be processed. Fees are 100% refundable if requested before participant's first assigned team practice.

JOYNER PARK AFTER DARK

A Unique Camping Experience

- ☾ Night-time nature walk
- ☾ Learn about nocturnal animals
- ☾ Study the constellations
- ☾ Enjoy campfire stories and songs
- ☾ Dinner will be served

OCT 3-4



4 PM-9 AM ~ \$15 PER CAMPSITE

PRE-REGISTRATION IS REQUIRED AT WAKEFORESTNC.RECDESK.COM

Loaner camping equipment is available on a first come, first served basis. Contact Jennifer Rall at jrall@wakeforestnc.gov.



Town of Wake Forest
Parks, Recreation & Cultural Resources Department
301 S. Brooks Street
Wake Forest, NC 27587

[wakeforestnc.gov/
parksrecreation.aspx](http://wakeforestnc.gov/parksrecreation.aspx)

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Permit #118

concerts in the park

Aug 2 ~ 5 pm

Steph Stewart & the Boyfriends



Sept 6 ~ 5 pm

Lakota John & Kin

E. Carroll Joyner Park ~ Free

701 Harris Road, Wake Forest

wakeforestnc.gov/concerts-in-the-park.aspx

Presented by

PineCone—the Piedmont Council of Traditional Music

Wake Forest ARTS

Wake Forest Parks, Recreation and Cultural Resources Department